

## **ABSTRACT**

A shoe includes a shoe sole having one or more slots to detachably attach a cleat member which may be attached to cycle pedal. A plate is selectively attached to the shoe sole and has an  
5 opening to receive the cleat member, and to allow the cleat member to extend out of the plate, and to be attached to the cycle pedal. The plate includes one or more bulges or pegs to engage into the shoe sole and to anchor the plate to the shoe sole. One or more cleat  
elements may be detachably attached to the shoe sole, and partially  
10 received in depressions of the shoe sole, to anchor the cleat element to the shoe sole.